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NOTE TO SELF: HAVE MORE CASUAL SEX

JUST ONE REMINDER FROM EXPERTS ON HOW TO LIVE A BETTER LIFE.... ALSO, EAT MORE SMOKED SALMON

PAGE 11

Evil Old Man Winter hates charity

London's worst winter in 40 years meant less charity road races — and less money raised, says race director PAGE 3

Couponing duo comes to food bank's rescue

Coupons for Hunger campaign from two of London's smartest shoppers nets $10K in goods PAGE 4

Boston nearly 36,000 strong

Use Metro AR to see a photo gallery of Beantown coming together for its first marathon after last year's deadly bombings PAGE 6

NEWS WORTH SHARING.

London 4-20 party a buzz kill

A London Police officer films the crowd during the annual 4-20 event at Victoria Park on Sunday.
SCOTT TAYLOR/METRO

Victoria Park. Councillor defends heavy police presence at gathering

SCOTT TAYLOR
scott.taylor@metronews.ca

On Parliament Hill in Ottawa Sunday, news reports described a crowd of about 2,000 people throwing Frisbees, listening to music and smoking pot.

In Vancouver, thousands gathered at the Vancouver Art Gallery for their public celebration.

At London's Victoria Park, however, some in the crowd of about 100 people yelled at police and were repeatedly warned they would be arrested if they lit up a joint.

One officer in the heavy presence of 16 to 20 cops filmed the goings-on.

"It's unfortunate," said activist Eric Shepperd. "To the best of my knowledge, London is the only city showing zero tolerance today. It's a waste of police resources."

'It's time'

Decriminalize 'ganja' laws, says Orser

"It's time that the federal government decriminalized the ganja marijuana laws," Ward 4 Coun. Stephen Orser said. "That's number one.

"Second, the provinces should be able to control it. We should have a Marijuana Control Board of Ontario. Taxation and provincial fines to go to local municipalities and end the clog in the criminal court system over these types of offences.

"The heavy police presence would not be necessary if we had these laws in place."

While it could be argued that Shepperd, who is involved with the Occupy movement, has his own agenda to push, even the RCMP took a hands-off approach to the gathering on the Hill.

In an interview with CBC news, an RCMP spokeswoman explained the lack of charges, even as hundreds were smoking in plain sight.

"This is an annual event that has always been held in a peaceful manner," said Cpl. Lucy Shorey.

"The RCMP respects the rights of individuals to protest on Parliament Hill and that's what we're here for today."

But Ward 1 Coun. Bud Polhill, who fought against any kind of increase in the 2014 police budget, sided with law and order on this case.

"I've always said you need to uphold the law and if the law says you can't do it, you can't do it," he said.

"Because other municipalities are lax in enforcement, I wouldn't suggest that we do that because that means we can be lax on other things."

A police spokesman said Chief Brad Duncan wasn't available Monday to comment.

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Calling all London Businesses
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For more information: londoncleangreen.ca
London CANADA

NEWS 1

Benefitting children

Getting the best kind of brush off

In short, it's the fundraiser that has something for everyone.

The Children Museum's 2014 Brush Off has the rapid-fire excitement of a game show, spontaneous works of art for the high-brow set and ultimately, it benefits kids.

Fifteen local artists are ready to paint their way into legend, as they're put to the test to create paintings live in front of an audience and judges in four rounds of competition.

Each round will consist of 30 minutes with the attending public acting as judges by filling out ballots.

All the artwork created will then be entered into a silent auction.

"As a visual artist and painter I feel a platform event such as the Brush Off is an extraordinary opportunity for everyone involved," said participating artist Christopher Golding. "To experience the raw process of artists expressing an excerpt of their style using acrylic on canvas in 30 minutes — it's important for art to not only raise awareness, but to raise funds for a cause, and I am blessed to be a part of this."

Proceeds will go to helping students in 26 schools that have been identified as priority schools located in disadvantaged neighbourhoods.

The fun unfolds Thursday at 5:30 p.m.

Tickets are $57 and can be obtained by calling 519-434-5728 ext. 230, or e-mailing linda@londonchildrensmuseum.ca, or online at londonchildrensmuseum.ca.

Last year, the event raised $18,000.

SCOTT TAYLOR/METRO

Sheryl Rooth, who's campaigning to join city council in east London. CONTRIBUTED

Ward 4 poll shows mixed results

Online opinions. Sudden change in results on challenger's website

MIKE DONACHIE
mike.donachie@metronews.ca

Democracy's a funny thing, especially online.

A city hall candidate's consultation with the public took an unexpected turn Monday as it was flooded with responses that changed its results dramatically.

Ward 4 hopeful Sheryl Rooth had posted a survey on her website, sherylrooth.ca, asking voters what their priorities for the ward should be. Monday morning, after about a week, it had 133 responses. About half chose "reputable representation" as the top option, ahead of issues like crime reduction and affordable housing.

That, said Rooth, was a comment on incumbent councillor Stephen Orser, saying he "hasn't always shown a positive light on our ward" when quoted in the media. Orser has campaigned on the need to tackle crime in east London.

Rooth said that Old East Village's reputation as "crime-ridden" has been unfair. But she agreed that, because the online survey was open to anyone, it wasn't necessarily gathering the opinions of people in the ward.

Orser, however, was unimpressed.

"You create your own poll, advertise it to who you wish, and then rely on the results," he said. "It speaks for itself."

He challenged all Ward 4 candidates to pay for a professional survey on the subject, adding that Rooth's was "unscientific."

Then the word got out about Rooth's poll. At 6 p.m. Monday, it had 890 responses, with "crime reduction" the most popular result on 36 per cent of the votes.

"Reputable representation" had 56 votes. That's just six per cent.

Candidates in Ward 4

- Paul Pesach Gray
- Jesse Helmer
- Stephen Orser
- Sheryl Rooth
- Nethaniel Youskow

Politics. Economy in the spotlight at Grits' event

The federal Liberals are this week hosting a panel discussion that focuses on the economy.

It takes place on Saturday at 10 a.m. at Grosvenor Lodge, 1017 Western Rd.

"London, like other communities across Canada was dramatically impacted by the recession of 2008," said a spokesman.

Taking part in the panel will be Markham MP John McCallum, Matt Ross of the London Youth Advisory Council, Tammy Fisher of Labour Ready, Devin Munro of WIL Employment — Immigrant employment and Kadie Ward of Building Strong Cities, who will act as moderator.

METRO

Announcement

Fanshawe Conservation area opens up again

Fanshawe Conservation Area opens for the season this week, the Upper Thames River Conservation Authority has announced.

Along with the Wildwood and Pittock conservation areas, its season begins at 8 a.m. Friday.

METRO

Final event

Architects end lecture series

The London Society of Architects ends its current lecture series this week.

Meg Graham of Superkul Architects will speak in the lecture theatre at Museum London from 7 p.m., in the third and final event of the London Architecture Series. METRO

Annual show

Art on offer in Lambeth

Lambeth Art Association is holding its 42nd annual show and sale this week.

It's at Lambeth United Church, at Colonel Talbot Road and Main Street, on Thursday from 6 to 9 p.m., Friday from 10 a.m. to 9 p.m. and Saturday from 10 a.m. to 4 p.m.

Admission is free.

METRO

Frozen out: Harsh winter affects charity road racing numbers

Slow start to season. Ahead of Sunday's Forest City races, event director is hopeful more Londoners will get involved as the weather improves

DAVE LANGFORD
dave.langford@metronews.ca

London's worst winter in 40 years has taken another victim.

Running and the monies earned from charity races are off in London this year, Steve Ryall, race director for the Forest City Road Races, said Monday.

The Forest City races scheduled for Sunday include a half marathon and a 10-kilometre race. About 2,000 runners have registered to date, down from last year's record 2,700.

"Our goal was a lot higher, but because of the winter you have to adjust," Ryall said.

Another "couple of hundred" are expected to sign up on race day.

The recent Run for the Retina charity race, Ryall said, was "50 per cent off" this year.

"Well, you can see the numbers are down a bit, but the numbers are down across Canada in running because of the winter we've had," Ryall said.

"I was in California for a good chunk of February and that was about the only time I ran this winter."

Ryall said the numbers for charity races should improve when the weather does.

"I think your fair-weather runners and people that aren't hard-core aren't getting their kilometres in, therefore they are not registering," Ryall said.

He is confident, however, that he will match the monies made previously for the Thames Valley Children's Centre (TVCC).

"The last two years we've donated $164,000, averaging around $82,000. We never set a goal on the financial, but we'll hit that mark," Ryall said.

While all the profits from the entry fees go to the TVCC, runners can gather pledges for 23 other groups, organizations or charities. The benefit, Ryall said, is that there is more awareness created for the event.

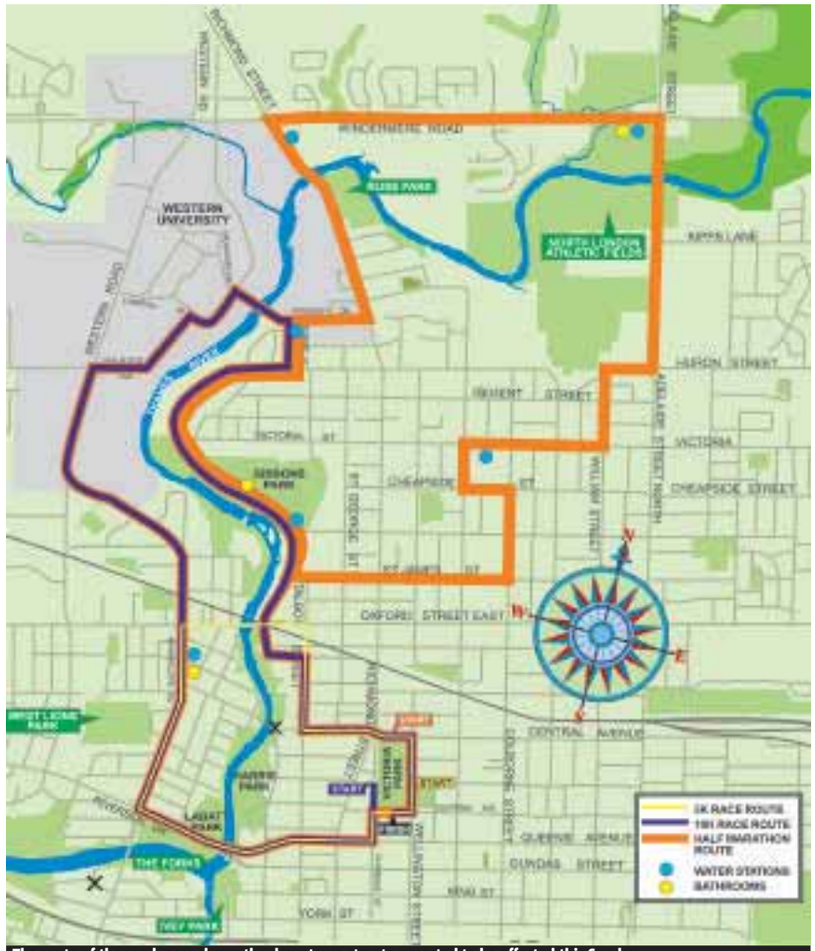
Rise and shine!

- The day begins at the Victoria Park band shell at 7:40 a.m. Sunday with the final race scheduled for 11:30 a.m.
- Key races begin at 8 a.m. (half marathon), 8:30 a.m. (five kilometres) and 10 a.m. (10 kilometres).

Lagging behind last year

2,000

About 2,000 runners have registered to date for the Forest City Road Races scheduled for Sunday, down from last year's record 2,700. Another "couple of hundred" are expected to sign up on race day, says race director Steve Ryall.



The route of the road races shows the downtown streets expected to be affected this Sunday.
CONTRIBUTED

Good cause

Organizers say they'd like more fans out in support

This will be the 32nd year for the Forest City Road Races and race director Steve Ryall said he would love to see more Londoners join the party.

"We would love to see more people out supporting the runners and their initiatives and the charity itself," Ryall said.

He continued: "Ultimately, the event, as far as the charity side of it, is to get the word (out) about Thames Valley Children's Centre. And to introduce people to what they are and what they are doing."

Longtime runner and London journalist Steve Coad, who passed away this winter, will be honoured at the races by an award being handed out in his name.

The Steve Coad Spirit Award will be given to the best high school team helping out with the races.

The students are using their mandatory volunteer hours to help in the organizing of the event.

DAVE LANGFORD/METRO

Taliz

We're Hiring! Join Our Team!

We are looking for passionate, enthusiastic, hard-working individuals that thrive in a fast paced environment

Location:
1345 Huron St. Unit 1A London
Date:
Sunday April 27th, 2014
Time:
10 am - 4 pm

We are hiring for positions ranging from Team Member to Management

Please come with a copy of your resume and references.

We look forward to meeting you!

Coun. Judy Bryant has secured the New Democrats' nomination for the provincial riding of London North Centre. CONTRIBUTED

Judy Bryant.
'Exciting' race for London North Centre, NDP candidate says

It's going to be an exciting race for Queen's Park via London North Centre, the latest candidate has said.

Coun. Judy Bryant was selected last week as the NDP's hopeful for the provincial election expected this spring. Bryant is going for the seat held by the Liberals' Deb Matthews, who's been there since she took it from the Conservatives in 1999.

So it's not a New Democrat seat, right? Bryant has other ideas.

"I'm very excited to have two strong competitors against me, and also two strong allies on each side," said Bryant.

Those allies are NDP MPPs Teresa Armstrong, for London Fanshawe, and Peggy Sattler, who last summer took London West in a byelection. Bryant believes the party can fill in the gap with a third victory.

As for the competitors, they would be Matthews and, for the PCs, Bryant's fellow city councillor, Nancy Branscombe. Bryant's delighted to see all the main candidates are women.

Quoted

Bryant stands for "fairness, social justice, the environment and prudent spending of public money."

Coun. Judy Bryant,
On her values during a provincial election campaign

"I think it's great for women that are interested in politics across the board in different parties," she said. "It speaks a lot for Canada and for the province that we're in that situation."

Asked what she stands for, Bryant sums it up as: "fairness, social justice, the environment and prudent spending of public money."

And the downtown councillor said it's a "great honour" to be selected for the NDP nomination.

MIKE DONACHIE/METRO

Coupons clip food bank shortage

Smart shoppers.
London women donate thousands of dollars worth of goods to top up Spring Drive

SCOTT TAYLOR
scott.taylor@metronews.ca

The London Food Bank received almost $20,000 worth of grocery products this year thanks to the brilliant efforts of two London women who know how to feed a city one coupon at a time.

Colleen Lindemann and Tonia Richardson organized the social enterprise Coupons for Hunger last year with a donation of $10,000 worth of food, toiletries, cleansers and more they obtained through what is now commonly known as couponing.

Lindemann and Richardson collect thousands of coupons, which they strategically use in bulk to purchase products for next to no cost.

Done right, stores sometimes pay them to empty shelves.

Who they help:

- London Food Bank
- Mission Services
- Women's Community House
- Ronald McDonald House and more

Coupons for Hunger founders Tonia Richardson, left, and Colleen Lindemann haul in some of the $20,000 worth of food they donated to the London Food Bank this year. SCOTT TAYLOR/METRO

"We were able to get $30,000 worth of items for free — 100 per cent free," said Lindemann.

The duo accumulates coupons through a variety of sources, including drop boxes at all 16 public libraries and a natural partnership with London's Miller Waste Systems.

"They have an employee-engagement program there where employees pull coupons off the line for us," said Richardson. "But we also teach them what coupons to look for and how to reduce their family's bottom line."

They know what they're doing when it comes to filling up for free.

"We had dollar-off coupons for pork kabobs and they went on sale for 99 cents," Lindemann said.

The most interesting aspect of their organization is perhaps the relationship they have with local grocers, who are happy to dedicate a checkout line just to them, even though they're not paying a cent for a buggy full of food.

Richardson said grocers still get paid for each coupon redeemed, so with hundreds of them in hand, they're welcomed with open arms.

They plan to branch out to organizing coupon workshops to teach others how to buy more for less.

Meanwhile, the 2014 Spring Food Drive officially ended Monday. While the final tally might not be known until Wednesday, Food Bank co-founder Jane Roy said conservative estimates put the total close to last year's 82,000 pounds.

"We're just a couple of hundred pounds below last year," she said Monday morning, "which is great because there were a couple of groups that weren't able to get out and volunteer handing out (food) bags this year. So we had a little less volunteers out there, which makes a huge difference. The fact it's gone as well as it has is great."

Roy and husband Glen Pearson announced plans to shut down the public side of the operation within three years, though assistance to partner agencies will continue.

Heritage walls come tumbling down at 95 King St.

Heritage designation or not, the vacant, decaying building at 95 King St. is facing its last stand.

Demolition on the building began in earnest Monday amid fears the structure could collapse at any time.

According to a media release from the City of London, its "Downtown Heritage Conservation District Guidelines include recognition that a heritage building might have to be demolished if it becomes severely structurally unsound.

"The building's condition aligned with these guidelines."

A building permit was issued for the site in 2010 for the addition of a third floor to the building.

Significant renovations took place during the summer of 2010, but during this time, the building's footings were undermined, resulting in a partial collapse of the second floor.

As a result, an order was issued to have immediate work done to address the collapse.

That work was never done.

Later, two sections of the roof collapsed.

An unsafe order was issued in April 2011, followed by an order to prohibit occupancy, which barred owners and tenants from entering the building.

It has sat idle since then.

The media release added that not even the front facade could be preserved because the logistics of doing so would be too dangerous for construction personnel.

Therefore, it will meet the wrecking ball, as well.

An area business owner said the property was recently sold, but the future of the site is as yet unknown.

The property will be graded to a level condition.

Any future development of the site will be subject to the City of London's Downtown Heritage Conservation District Guidelines.

SCOTT TAYLOR/METRO

The rear of the building that the city wants to bring down. MIKE DONACHIE/METRO

Friends, family say goodbye to murder victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement, 'All is good.'

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations, and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

THE CANADIAN PRESS

Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday. MIKE RIDEWOOD/THE CANADIAN PRESS

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Stowaway boy survives 5-hour flight to Hawaii

A 16-year-old boy scrambled over an airport fence, crossed a tarmac and climbed into a jetliner's wheel well, then flew for five freezing hours to Hawaii — a misadventure that stirred concern about possible weak spots in the security system that protects the nation's airline fleet.

The boy, who lives in Santa Clara, Calif., and attends a local high school, hopped out of the wheel well of a Boeing 767 on the Maui airport tarmac Sunday. Authorities found him wandering around the airport grounds with no identification. He was questioned by the FBI and taken by ambulance to a hospital, where he was found to be unharmed.

FBI spokesman Tom Simon in Honolulu said the teen did not remember the flight from San Jose.

It was not immediately clear how the boy stayed alive in the unpressurized space, where temperatures at cruising altitude can fall well below zero and the air is too thin for humans to stay conscious. An FAA study of stowaways found that some went into a hibernation-like state.

Somehow, the boy managed to slip through multiple layers of security, including wide-ranging video surveillance, German shepherds and police officers. THE ASSOCIATED PRESS

33 years on the run

Fugitive captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away. Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. He was charged with murder and three other felonies.

THE ASSOCIATED PRESS

Nigeria

Parents say 234 girls missing

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town.

THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. Handlers are forced to rush so the flight isn't delayed, said a union spokesman.

THE CANADIAN PRESS

Scan the photo to see a photo gallery of Boston coming together one year after the deadly marathon bombings.

Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence at the finish line. It was followed by some of the loudest cheers of the day as people whooped, clapped and rang cowbells.

Race organizers expanded the field from its recent cap of 27,000 to make room for more than 5,000 runners who were still on the course last year at the time of the explosions, for friends and relatives of the victims, and for those who said they were "profoundly impacted" by the attack.

American Meb Keflizighi, who had the names of last year's victims written on the corners of his race bib, won the men's title in two hours, eight minutes, 37 seconds.

On Twitter, U.S. President Barack Obama congratulated Keflizighi and Shalane Flanagan, the top American finisher among the women, "for making Americans proud!"

"All of today's runners showed the world the meaning of #BostonStrong," Obama wrote. THE ASSOCIATED PRESS

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions.

Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS

Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

London runner finishes as top female Canadian

DAVE LANGFORD
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London's Lanni Marchant, with a 14th-place finish, was the top Canadian female finisher at the Boston Marathon on Monday.

The top Canadian male was Tom McGrath of Edmonton, who placed 101st.

Now here is where the numbers begin to tell an interesting tale.

Marchant, a Canadian marathon hopeful for the 2016 Summer Olympics in Rio de Janeiro, had a time of two hours, 30 minutes, 34 seconds. It was her second-best marathon time.

And McGrath also ran the race in two hours, 30 minutes, but his 24 seconds was just 10 seconds ahead of Marchant. He isn't likely to be an Olympian in the future, but it's cool just the same.

Marchant, who spoke to Metro after the race, was happy with her time, but in many ways was more interested in the Boston experience. Especially in a year with 36,000 runners and the shadow of last year's terrorist attack looming over the field.

"It was cool, even not being from the U.S., not being a citizen down here, people were cheering and supportive and it was a great experience to see everybody out and battling back after what happened last year," she said.

Marchant, who turned 30 just 10 days ago, is a lawyer who now makes her home in Chattanooga, Tenn. She admitted to being emotional about the day.

"What happened last year was an attack on all runners, she said. "I think it kind of hit us as a community as a whole.... The last thing you would ever think (is) of somebody causing trouble and having a terrorist attack at a running event."

Meanwhile, Marchant plans to chase her Olympic dream again, with the window for Olympic qualifying set to open in January 2015.

"Once the (qualifying) standard is announced, then all eyes will be focused on that and I will train for the marathon that hopefully punches my ticket (for Rio)."

Saskatchewan

Restaurant accused of firing Canadians over foreign temps

The federal government is investigating a Saskatchewan restaurant where two waitresses say they lost jobs to temporary foreign workers.

A spokeswoman for Employment Minister Jason Kenney says the minister has asked his department to investigate the Brothers Classic Grill in Weyburn, Sask.

A CBC report says Sandy Nelson and Shaunna Jennison-Yung were among several servers who were fired last month and replaced by government-approved temporary help from outside Canada. THE CANADIAN PRESS

Mount Everest

Sherpas calling for boycott after deadly avalanche

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's ethnic Sherpa community.

A Sherpa boycott could critically disrupt the Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters.

At least 13 Sherpas were killed when a block of ice tore loose from the mountain and triggered a cascade that ripped through teams of guides hauling gear. Three missing are presumed dead. THE ASSOCIATED PRESS

British Columbia

Asian mussel sails to Canada on piece of tsunami debris

A sea creature unfamiliar in Canadian waters has hitchhiked its way across the Pacific on a piece of suspected tsunami debris from Japan's 2011 earthquake.

The federal fisheries department has identified a non-indigenous mussel, called mytilus coruscus, on a piece of wreckage believed to have drifted to B.C. after the Japanese tsunami.

A scientific paper published by the International Journal of Molecular Sciences says the mussel is one of the most important marine shellfish species in Korea. THE CANADIAN PRESS

AT&T in America

It's GigaPower to the rescue via super-fast Internet

AT&T plans a major expansion of super-fast Internet services in the U.S. to cover as many as 100 municipalities in 25 metropolitan areas.

The service, called GigaPower, has a one gigabit per second speed that is about 100 times what U.S. consumers typically get with broadband. That means faster video downloads and the ability for more devices to connect to the network without congestion.

THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

The iPhone and iPad maker is detailing its efforts to cultivate a greener Apple Inc. in an environmental section on the company's website that debuted Monday.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.79¢ (-0.01¢)

TSX 14,493.68 (-6.71)

OIL $104.37 US (+$0.07)

GOLD $1,288.50 US (-$5.40)

Natural gas: $4.70 US (-$0.06)
Dow Jones: 16,449.25 (+40.71)

FarmersOnly sows seeds of love via dating website

Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANDIAN PRESS/HANDOUT

Yee Haw! Online site helps farmers find fellow cowboy-boot wearers to knock boots with ... and to live happily ever after with home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. THE CANADIAN PRESS

Selling the simple life

"City folk just don't get it."
A FarmersOnly ad slogan

YOU COULD WIN A SAMSUNG HOME THEATER SYSTEM

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Find the Club Metro **easter egg** and scan for today's code to enter!

DOWNLOAD METRO APP
FILL SCREEN WITH IMAGE TO SCAN
SCAN EGG FOR CODE

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached 18 years of age or older. To enter, for complete contest rules, and alternate method of entry visit **www.clubmetro.com**

NOT ALL PASSIONS COME WITH A PAYCHEQUE

SHE SAYS

Jessica Napier
metronews.ca

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little idiom; however, there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheque is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soulmate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Science has brush with art

A woman views the painting The Fighting Temeraire by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The report, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. METRO

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?
Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

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MetroTube

Look, Mom, I'm flying through fireworks

ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: it's the remote control quadrocopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is Arcade Fire's Sprawl II, in case you're wondering. (Via Gasper C on Vimeo)

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See that symbol? It means you can scan the photo below with your Metro News app to see more Orphan Black images courtesy of Space

DVD review

Sorcerer

Director. William Friedkin

Stars. Roy Schreider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream, a Hollywood first for a German band later to become a film score regular.

PETER HOWELL

Bastards

Director. Claire Denis

Stars. Vincent Lindon

Claire Denis (Beau Travail) paints revenge with an impressionist's brush. Bastards is intoxicating, but it threatens to break its own spell with a story that only appears straightforward. It begins with a bloodied young woman (Lola Créton) walking the midnight streets of Paris, naked except for high heels. She's part of an interlocking yet confounding series of events and motivations that, in less capable hands, would be the most rote of payback scenarios. Revelations will be made.

PETER HOWELL

Jordan Gavaris hints that his character Felix and Orphan Black character Alison will have a closer relationship this season. COURTESY SPACE

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?
Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.
She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?
It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?
I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?
There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

What would Felix do if he found out he had a clone?
Oh God. We have three options. He would either run away, he would try to sleep with it, or he would insult it. I'm not entirely sure which one yet.

Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list

THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre- and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Twitter

@lenadunham
Well, 5:30 am, we meet again, despite the fact that I just keep talking s--- about you on the internet.

@ricky_martin
If u pay attention, you move ahead!

@kevin_nealon
If your wife lets you use her shampoo that means she's hiding the good stuff somewhere else.

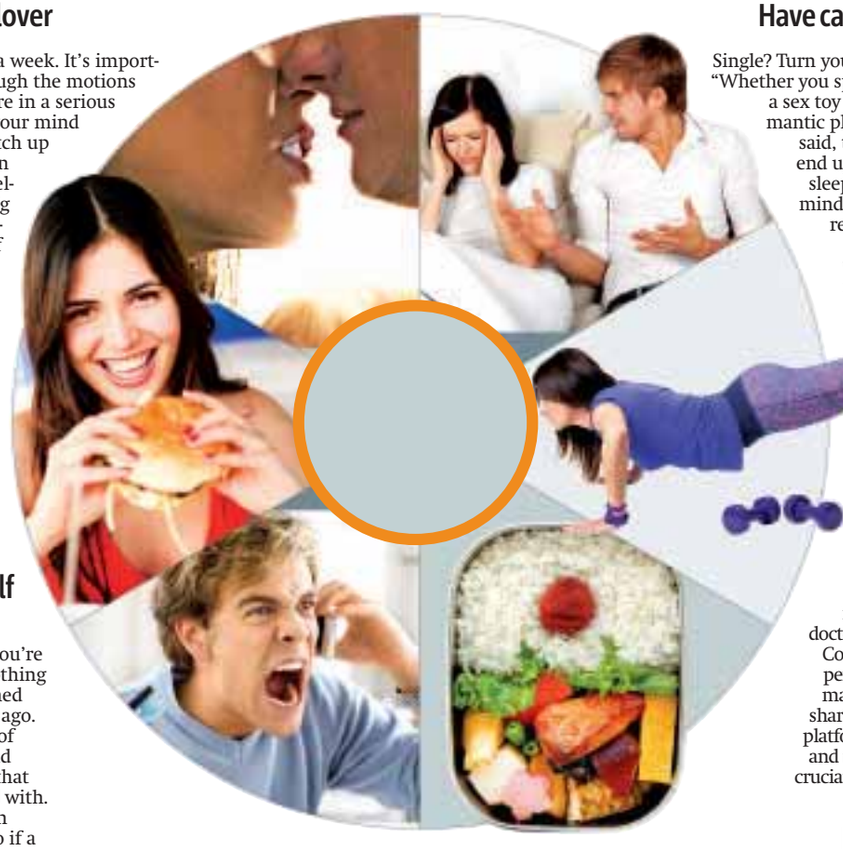
Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counsellor and author of The Big Fun Sexy Sex Book. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."



Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more…"

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

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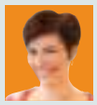
Cluckin' good chicken strips

Health Solutions

What's your culture?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir?

You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut! It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body.

Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT
myfriendinfood.com

Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-fried before they're frozen. Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are much further ahead.

1. In a large bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips about the thickness of tenders.

3. Dip chicken into yogurt mixture and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake immediately at 350 F for 15-25 minutes (depending on the thickness of the strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Cucumber Yogurt Dip: While strips are baking, grate cucumbers and remove all the moisture (strain through cheese cloth). In small mixing bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. THERESA ALBERT

FLASH FOOD

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Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)
- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

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St. Louis-Chicago

Backes a no-go for next game

Blues centre David Backes has been ruled out for Game 3 against the Chicago Blackhawks because of an upper-body injury.

St. Louis, however, will have centre Patrik Berglund for Monday night's game against the Stanley Cup champions, who trail the playoff series 2-0. Berglund missed three games, also with an upper-body injury.

Backes was wiped out by a big hit from Blackhawks defenceman Bren Seabrook in the third period of St. Louis' 4-3 overtime victory Saturday. The captain was helped off the ice and did not return.

Seabrook received a five-minute major and game misconduct penalty. He then was suspended for three games by the NHL.

THE ASSOCIATED PRESS

NHL Awards

Strombo tapped to host Vegas gala

Broadcaster George Stroumboulopoulos will host the NHL Awards on June 24 at the Encore at Wynn Las Vegas.

It will be the first time that the recently named host of the NHL on Rogers will host the annual event. A full lineup of presenters and entertainment will be announced in the coming weeks, the league said Monday in a release.

The league will begin announcing award finalists Tuesday with the Lady Byng Trophy nominees. Other award finalists will be announced on weekdays through May 6.

THE CANADIAN PRESS

The Canadiens celebrate scoring a goal against the Lightning in Game 3 of their playoff series on Sunday in Montreal. ANDRE RINGUETTE/GETTY IMAGES

Habs offence finds new life in playoffs

Tampa Bay-Montreal. Canadiens getting production from all 4 lines through 3 games

Quoted

"I guess the playoffs are just bringing out the best in all of us." **Lars Eller,** on the Canadiens' balanced offensive attack.

When Lars Eller and Rene Bourque are outscoring anyone on the top line, you know that something is going right for the Montreal Canadiens.

But it took until the playoffs for the Canadiens to find the balanced attack they have sought all season.

Getting offensive production from all four forward lines has helped them win the opening three games of their first-round series against the Tampa Bay Lightning.

They can sweep the best-of-seven series with a win on Tuesday night at the Bell Centre.

"That's a big strength," Eller said Monday. "I can't stress how important it is to have everybody involved, everybody contributing."

Players who underachieved on attack all season, notably Eller and Bourque, have found new life in the post-season. It has helped the normally low-scoring Canadiens average four goals per game against the Bolts, who are missing top goaltender Ben Bishop to an arm injury.

Bourque, a two-time 27-goal scorer who had a dreadful campaign of only nine goals, has three in as many games in the playoffs while playing left wing with centre Eller and right-winger Brian Gionta.

Eller, who had 12 goals in 77 games including a stretch of 24 games with only one assist, has two goals and shares the team scoring lead with four points with Brendan Gallagher and defenceman P.K. Subban.

The Eller line has produced five goals — one more than Gallagher's unit with Tomas Plekanec and Brandon Prust.

The top line of David Desharnais, Max Pacioretty and Thomas Vanek has scored only twice, but has combined for 29 shots in three games.

The fourth line of Daniel Briere with Michael Bournival and Dale Weise has only one goal, but it was a big one as Weise scored in overtime in Game 1. THE CANADIAN PRESS

Flyers again turn to Razor's edge for Game 3

Flyers backup goalie Ray Emery will again play in place of injured starter Steve Mason in Game 3 against the Rangers. BRUCE BENNETT/GETTY IMAGES

Calling himself a Band-Aid, Ray Emery has held the Philadelphia Flyers together nicely.

Emery will make his third straight start for an injured Steve Mason when the Flyers host the New York Rangers in Game 3 of their first-round playoff series Tuesday night. The Razor was excellent in Sunday's 4-2 win at Madison Square Garden, making 31 saves to help the Flyers even the best-of-seven series at 1-1.

"The more frequently you play, the more comfortable you are in net," Emery said Monday. "I appreciate being in there in consecutive games. I'm kind of a Band-Aid there while Mase gets better."

Playoff tested

Ray Emery has gone deep in the playoffs, leading Ottawa to the Stanley Cup final in 2007 and serving as a backup for cup champion Chicago last year. He also played for Anaheim in the 2011 post-season.

Mason said he won't dress for the game and his status for the series remains iffy because of an upper-body injury. He is hopeful to return Friday night for Game 4.

Mason hasn't played since he was injured in a collision in the next-to-last game of the regular season on April 12.

"Right now, the way Razor's playing, there's no hurry," Mason said. "He's the reason we won yesterday, so I think even if I was ready there's no reason to take him out right now." THE ASSOCIATED PRESS

Jonas Valanciunas gets the basket but not the foul as Kevin Garnett hacks him in the Raptors' loss versus the Nets in their first-round playoff series in Toronto, Saturday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Jonas the giant not afraid to battle with NBA royalty

Raptors vs. Nets. Young centre collected 17 points, 18 rebounds in faceoff with Garnett

Jonas Valanciunas was five years old when Kevin Garnett earned his first of 15 NBA all-star selections. He was 11 when Garnett was named the league MVP.

Valanciunas — now 21 — went toe to toe with the 37-year-old Garnett in Toronto's loss to the Brooklyn Nets in Game 1 of their playoff series last Saturday. And if there was any sense of awe in the name on the back of the Brooklyn jersey he was guarding, the young Valanciunas didn't show it, laying down a monster game in his post-season debut.

"He was not intimidated, he wasn't fazed by the physicality or guarding a legend like KG. You're talking about a guy who is going to be in the Hall of Fame," said Raptors coach Dwane Casey.

"I told our guys, 'You've got to respect them because those guys have accomplished a lot in this league. But you can't fear them.' KG would think less of him, knowing him, if it was anything less. Respect him, but you can't fear him. (Valanciunas) did that."

The Raptors host Game 2 of the series on Tuesday, then it shifts to Brooklyn for Game 3 on Friday and Game 4 on Sunday.

Valanciunas had 17 points and 18 rebounds in the opener of the seven-game series, while holding Garnett to five points. While many of the Raptors appeared overwhelmed by the enormity of their first playoff appearance in six seasons — for some players, it was their first playoff appearance, period — Valanciunas looked fired up from the opening tipoff.

When asked Monday about guarding Garnett, Valanciunas merely shrugged.

"He's the same Garnett in regular season, so I'm playing him the same way. Just maybe adding 10 per cent more effort," Valanciunas said, laughing.

On Garnett's infamous trash talking: "I don't understand English. So I'm OK." More laughter.

On whether Garnett was a player he looked up to growing up in Utena, Lithuania: "His last name is really famous, so I heard about him when I was a kid." Respect, but no fear.

THE CANADIAN PRESS

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS

Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.

THE CANADIAN PRESS

MLB. Veteran sluggers Pujols, Cabrera swinging toward 500 home run mark

Albert Pujols is closing in on his 500th homer and joining a prestigious club. More important for the Los Angeles Angels, he's looking like his powerful self again.

The 34-year-old Pujols is hitting .280 with six home runs through 75 at-bats this year, an encouraging start following an injury-plagued 2013. The Angels entered a series at Washington Monday with Pujols at 498 career homers.

"There's no doubt, just speaking of the last couple years we've had him here, that this is the best foundation he's had, this is the healthiest he's been," manager Mike Scioscia said. "I think you're starting to see some of the swings he can put on baseballs on a consistent basis. It's been fun to watch."

Albert Pujols GETTY IMAGES

With Pujols poised to reach 500 homers, it's worth a look at who the next few candidates to approach that milestone might be. Adam Dunn is also 34 and has 443 home runs.

Miguel Cabrera just turned 31, and he has 366 homers. He should certainly have a good shot at 500 if he remains healthy and productive.

THE ASSOCIATED PRESS

Boston bands together

Marc Fucarile, injured in last year's Boston Marathon bombings, prepares to throw out the first pitch prior to the Boston Red Sox/Baltimore Orioles game at Fenway Park on Monday in Boston.

DARREN MCCOLLESTER/GETTY IMAGES

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'06 Ford Freestar	'05 GMC Safari	'05 Cadillac CTS	'05 Dodge Magnum
'04 Lincoln LS	'04 BMW X5	'04 Mercedes ML350	'04 Ford F150
'03 Mercedes C230	'03 Cadillac Escalade	'03 Hyundai Sonata	'03 Honda Odyssey
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'12 Keystone 29' tr. Trailer	'04 Tempest 17' boat	'00 Sea Doo 200 20'	'97 Snow-V 5th Wheel
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NBA

Jackson dumps Knicks coaches

Mike Woodson was fired as coach the New York Knicks on Monday after his team fell from division champions to out of the playoffs in one season. Phil Jackson fired the entire coaching staff, making his first big move since becoming team president. THE ASSOCIATED PRESS

Premier League

Man. U manager a marked man

According to widespread reports released at the same time on Monday on websites of numerous British newspapers, manager David Moyes is set to be fired by Manchester United and could be forced out before the end of the season.

THE ASSOCIATED PRESS

Premier League

Man. City bests West Brom 3-1

Manchester City kept alive its title hopes in the English Premier League by beating West Bromwich Albion 3-1 Monday. Goals by Pablo Zabaleta in the third minute and Sergio Aguero in the 10th built a 2-0 lead.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

♉ Taurus
April 21 - May 21
It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

♊ Gemini
May 22 - June 21
Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

♋ Cancer
June 22 - July 23
Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

♍ Virgo
Aug. 24 - Sept. 23
It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

♎ Libra
Sept. 24 - Oct. 23
It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

♐ Sagittarius
Nov. 23 - Dec. 21
There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

♑ Capricorn
Dec. 22 - Jan. 20
You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

♒ Aquarius
Jan. 21 - Feb. 19
The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

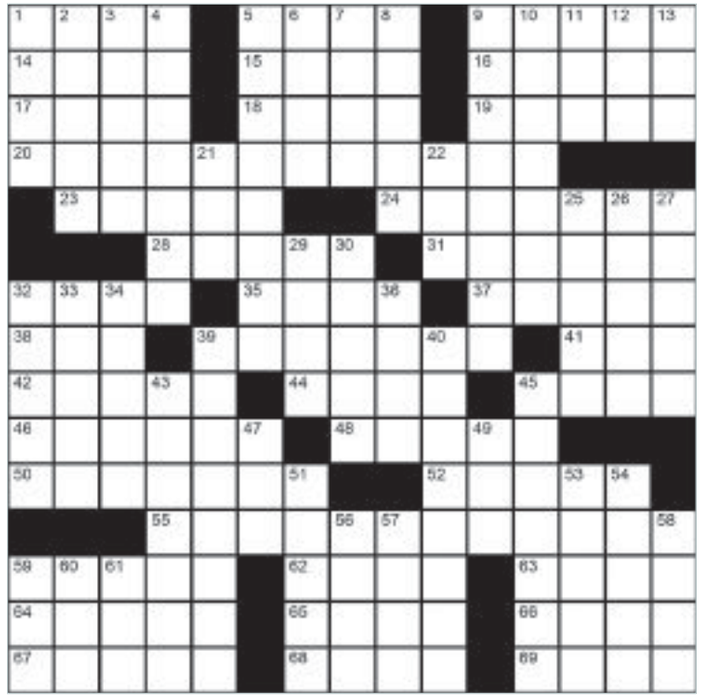
♓ Pisces
Feb. 20 - March 20
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality – make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

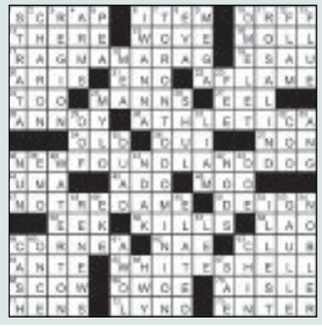
BY KELLY ANN BUCHANAN



Across
1. Rowed ride
5. "Yes, __!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: J'__...
17. Jackie Wilson's "__ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa __
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '_'__ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, __ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. __ _ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "__ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer
65. The Jetty __ __ Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada __ (Some ginger ales)

Down
1. Chuck it up
2. "A Nightmare __ __ Street" (1984)
3. Keep __ __ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"
5. Cape Breton Island vacation destination, __ River Valley
6. Worrisome word
7. __ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median
11. Dubai's locale [acronym]
12. Author, Anais __
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley __
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped __??"
54. All
56. Miss: Spanish [abbr.]
57.City of Finland
58. '70s hit: "__ Tu"
59. U.S. driver's speed
60. Verdi aria: "__ Tu"
61. Paddle

Yesterday's Crossword



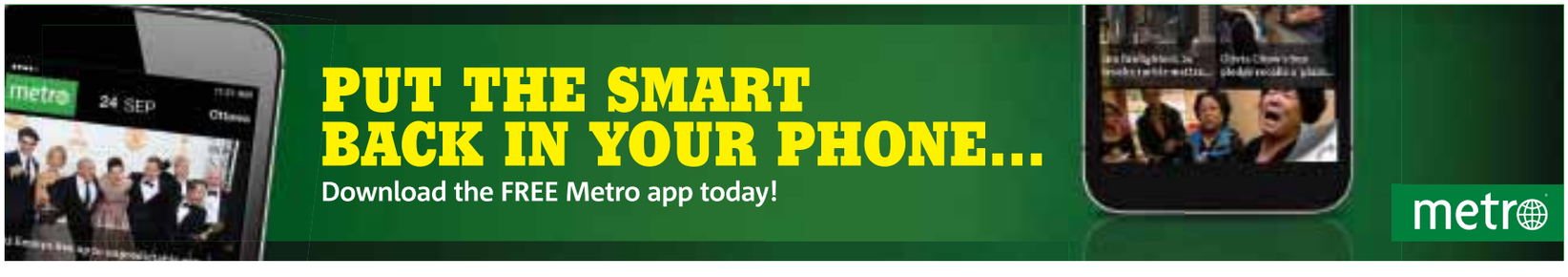
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		6			9		
7			3					8
		3		4	7			5
		1		8	6			7
4			5	9		1		
3			8	2		6		
8					4			2
		9			5		8	

Yesterday's Sudoku

3	4	2	6	1	8	9	6	7
5	8	7	9	2	6	4	1	3
1	6	9	4	7	3	5	2	8
9	2	6	3	4	1	7	8	5
7	1	3	8	6	5	2	4	9
8	5	4	2	9	7	1	3	6
2	3	8	1	5	9	6	7	4
6	9	1	7	8	4	3	5	2
4	7	5	6	3	2	8	9	1



Team up to Clean Up Our City

Take Pride in Your Community

London CLEAN & Green

APRIL FRI 25

London CLEAN & Green present

20 minute London makeover

Friday, April 25, for 20 minutes

Gather your staff, collect litter and sweep up for 20 minutes outside your workplace or on public property.

APRIL SAT 26

COMMUNITY Clean-up Day

Saturday, April 26, 9am – noon

Clean your own neighbourhood, pickup garbage and litter.

Locations to pickup supplies:

West:	**Canada Games Aquatic Centre** (Wonderland north of Lawson)
West:	**Springbank Park** (west entrance parking lot by Boler Road)
Central:	**Covent Garden Market** (Talbot & King)
Central West:	**Junior Achievement** (Riverside just east of Wharncliffe)
Central East:	**Hendrix Restaurant Equipment** (Dundas & Rectory)
North:	**Home Depot** (Fanshawe & Adelaide)
North West:	**Moffatt and Powell** (Hyde Park North of Sarnia Rd.)
South:	**South London Community Pool** (Bradley & Jalna)
East:	**Argyle Arena** (Clarke & Wavell)

London Housing Clean-Up
(Southdale & Millbank, Limberlost & Gainsborough, Boullee, Pond Mills, Huron Street, Allan Rush Gardens, Marconi Blvd, Simcoe Street)

Thames River Clean-Up
www.thamesrivercleanup.ca

Christian Churches Network of London
www.ccnl.org

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